

COVID-19 Guidance for Businesses Breakroom Best Practices

Distance

Stagger break times to reduce crowds.

Maintain eating space at ≤ 50% occupancy.



Eat alone, when possible.



Clean



Maintain 6 feet or more apart from others during breaks.



Wash hands for 20 seconds before eating.
Disinfect eating surfaces when done.

Mask

When people take their masks off to eat, spread out more than 6 feet, if possible.



Put your mask back on as soon as you're finished eating.



Ventilate



Keep your mask on between bites and while chatting with others.



Improve ventilation by opening windows and doors or running a fan.

COVID-19 prevention measures don't stop at customer or patient areas. Staying safe in break and work areas will keep staff healthy too!